

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 01120, Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Report Date: December 05, 2015 15:06 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (4.4 oz) 125g	1 container (5 oz) 142g	1 cup (8 fl oz) 245g	1 container (8 oz) 227g	0.5 container (4 oz) 113g
Proximates										
Water	g	75.30	17	0.595	128.01	94.12	106.93	184.48	170.93	85.09
Energy	kcal	99	--	--	168	124	141	243	225	112
Energy	kJ	415	--	--	706	519	589	1017	942	469
Protein	g	3.98	19	0.030	6.77	4.98	5.65	9.75	9.03	4.50
Total lipid (fat)	g	1.15	17	0.086	1.95	1.44	1.63	2.82	2.61	1.30
Ash	g	0.93	9	0.049	1.58	1.16	1.32	2.28	2.11	1.05
Carbohydrate, by difference	g	18.64	--	--	31.69	23.30	26.47	45.67	42.31	21.06
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	18.64	--	--	31.69	23.30	26.47	45.67	42.31	21.06
Minerals										
Calcium, Ca	mg	138	--	--	235	172	196	338	313	156
Iron, Fe	mg	0.06	--	--	0.10	0.08	0.09	0.15	0.14	0.07
Magnesium, Mg	mg	13	--	--	22	16	18	32	30	15
Phosphorus, P	mg	109	--	--	185	136	155	267	247	123
Potassium, K	mg	177	--	--	301	221	251	434	402	200
Sodium, Na	mg	53	--	--	90	66	75	130	120	60
Zinc, Zn	mg	0.67	--	--	1.14	0.84	0.95	1.64	1.52	0.76
Copper, Cu	mg	0.079	--	--	0.134	0.099	0.112	0.194	0.179	0.089
Manganese, Mn	mg	0.064	--	--	0.109	0.080	0.091	0.157	0.145	0.072
Selenium, Se	µg	2.8	--	--	4.8	3.5	4.0	6.9	6.4	3.2
Fluoride, F ¹	µg	9.0	9	--	15.3	11.2	12.8	22.0	20.4	10.2
Vitamins										
Vitamin C, total ascorbic acid	mg	0.6	--	--	1.0	0.8	0.9	1.5	1.4	0.7

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Thiamin	mg	0.034	--	--	0.058	0.042	0.048	0.083	0.077	0.038
Riboflavin	mg	0.162	--	--	0.275	0.202	0.230	0.397	0.368	0.183
Niacin	mg	0.086	--	--	0.146	0.108	0.122	0.211	0.195	0.097
Pantothenic acid	mg	0.446	--	--	0.758	0.558	0.633	1.093	1.012	0.504
Vitamin B-6	mg	0.037	--	--	0.063	0.046	0.053	0.091	0.084	0.042
Folate, total	µg	9	--	--	15	11	13	22	20	10
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	9	--	--	15	11	13	22	20	10
Folate, DFE	µg	9	--	--	15	11	13	22	20	10
Choline, total	mg	15.2	--	--	25.8	19.0	21.6	37.2	34.5	17.2
Vitamin B-12	µg	0.43	--	--	0.73	0.54	0.61	1.05	0.98	0.49
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	11	--	--	19	14	16	27	25	12
Retinol	µg	11	--	--	19	14	16	27	25	12
Carotene, beta	µg	2	--	--	3	2	3	5	5	2
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	40	--	--	68	50	57	98	91	45
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.03	0.02	0.03	0.05	0.05	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	1	--	--	2	1	1	2	2	1
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2	0.1	0.1	0.2	0.2	0.1
Lipids										
Fatty acids, total saturated	g	0.742	--	--	1.261	0.928	1.054	1.818	1.684	0.838
4:0	g	0.034	3	0.003	0.058	0.042	0.048	0.083	0.077	0.038
6:0	g	0.023	3	0.002	0.039	0.029	0.033	0.056	0.052	0.026
8:0	g	0.015	3	0.001	0.026	0.019	0.021	0.037	0.034	0.017
10:0	g	0.033	3	0.003	0.056	0.041	0.047	0.081	0.075	0.037
12:0	g	0.039	3	0.003	0.066	0.049	0.055	0.096	0.089	0.044

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14:0	g	0.121	3	0.009	0.206	0.151	0.172	0.296	0.275	0.137
16:0	g	0.313	3	0.024	0.532	0.391	0.444	0.767	0.711	0.354
18:0	g	0.112	3	0.008	0.190	0.140	0.159	0.274	0.254	0.127
Fatty acids, total monounsaturated	g	0.316	--	--	0.537	0.395	0.449	0.774	0.717	0.357
16:1 undifferentiated	g	0.025	3	0.002	0.042	0.031	0.036	0.061	0.057	0.028
18:1 undifferentiated	g	0.263	3	0.020	0.447	0.329	0.373	0.644	0.597	0.297
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.033	--	--	0.056	0.041	0.047	0.081	0.075	0.037
18:2 undifferentiated	g	0.023	3	0.002	0.039	0.029	0.033	0.056	0.052	0.026
18:3 undifferentiated	g	0.010	3	0.001	0.017	0.012	0.014	0.024	0.023	0.011
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	5	--	--	8	6	7	12	11	6
Amino Acids										
Tryptophan	g	0.022	--	--	0.037	0.028	0.031	0.054	0.050	0.025
Threonine	g	0.163	--	--	0.277	0.204	0.231	0.399	0.370	0.184
Isoleucine	g	0.217	--	--	0.369	0.271	0.308	0.532	0.493	0.245
Leucine	g	0.401	--	--	0.682	0.501	0.569	0.982	0.910	0.453
Lysine	g	0.357	--	--	0.607	0.446	0.507	0.875	0.810	0.403
Methionine	g	0.117	--	--	0.199	0.146	0.166	0.287	0.266	0.132
Cystine	g	0.036	--	--	0.061	0.045	0.051	0.088	0.082	0.041
Phenylalanine	g	0.217	--	--	0.369	0.271	0.308	0.532	0.493	0.245
Tyrosine	g	0.201	--	--	0.342	0.251	0.285	0.492	0.456	0.227
Valine	g	0.329	--	--	0.559	0.411	0.467	0.806	0.747	0.372
Arginine	g	0.120	--	--	0.204	0.150	0.170	0.294	0.272	0.136
Histidine	g	0.099	--	--	0.168	0.124	0.141	0.243	0.225	0.112
Alanine	g	0.170	--	--	0.289	0.212	0.241	0.417	0.386	0.192
Aspartic acid	g	0.316	--	--	0.537	0.395	0.449	0.774	0.717	0.357
Glutamic acid	g	0.779	--	--	1.324	0.974	1.106	1.909	1.768	0.880

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Glycine	g	0.096	--	--	0.163	0.120	0.136	0.235	0.218	0.108
Proline	g	0.472	--	--	0.802	0.590	0.670	1.156	1.071	0.533
Serine	g	0.246	--	--	0.418	0.308	0.349	0.603	0.558	0.278
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion